

THE RESET CO.

Reset Grocery Lists

One pantry setup. Four weekly lists. Any normal grocery store.

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How These Lists Work

Each weekly list covers the meal formulas for that week of the Reset — the Greek yogurt bowls, scrambles, rotisserie chicken bowls, sheet-pan dinners, wraps, chili, stir-fry, tacos, and salmon nights from the core guide. Lists are organized the way the store is (produce → meat & dairy → frozen → pantry), and sized for **one person** with leftovers built in — lunch is very often last night's dinner on purpose.

Feeding a family? Multiply the proteins (and only the proteins) by the number of people eating dinner. The pantry items, spices, and most produce stretch on their own. Your family eats the same dinners you do — there is no “your food” and “their food” in this program.

Swap key — carried through every list and every meal formula in the guide: **NF** = nut-free (seeds and seed butters stand in for nuts) • **DL** = dairy-light (lactose-free dairy, soy milk, or extra eggs/meat stand in) • **V** = vegetarian (eggs, dairy, tofu, tempeh, beans, lentils stand in for meat and fish)

Cross off what you already own before you shop. These lists assume you did the Pantry Reset below, so weekly lists stay short.

THE PANTRY RESET (one-time staples)

Buy these once; they'll carry you through all four weeks and well beyond. Nothing fancy, nothing you'll use twice and abandon.

Category	Staples
Oils & vinegars	Olive oil • a neutral oil for high-heat cooking (avocado or canola) • red wine or apple cider vinegar • soy sauce (low-sodium)
Spices & seasonings	Salt & pepper • garlic powder • onion powder • chili powder • cumin • smoked paprika • Italian seasoning • red pepper flakes • cinnamon
Canned & jarred	Canned tuna (4–6) • canned salmon (2) • black beans (3–4 cans) • kidney beans (2) • chickpeas (2) • diced tomatoes (3–4) • tomato paste • salsa • chicken or vegetable broth (2 cartons) • marinara

Category	Staples
Grains & dry goods	Old-fashioned oats · rice (or instant/microwave pouches) · quinoa (optional) · whole-grain tortillas or wraps · whole-grain crackers · lentils (dry or canned)
Fats & flavor	Peanut butter or almond butter (NF : sunflower seed butter) · nuts (NF : pumpkin/sunflower seeds) · hemp or chia seeds · mustard · mayonnaise · hot sauce if you love it
Freezer starters	Frozen mixed vegetables (2 bags) · frozen stir-fry vegetable blend (2 bags) · frozen berries (2 bags) · frozen riced cauliflower (optional)

– BUDGET SWAPS BOX (works every week)

Frozen vegetables are nutritionally on par with fresh and half the price — swap them in anywhere. Canned salmon does everything a fillet does in bowls and patties. Store-brand Greek yogurt and cottage cheese are the same food as the name brands. Eggs remain the cheapest complete protein in the store. A whole chicken (or the rotisserie by the checkout) beats buying parts. Dry beans and lentils cost pennies per palm of protein.

WEEK 1 — PROTEIN FIRST

Covers: Greek yogurt bowls, egg scrambles, rotisserie chicken bowls, tuna salad wraps, one sheet-pan chicken dinner, no-cook grabs for snacks.

Store section	What to buy
Produce	Berries (2 pints, or use frozen) · bananas · bagged salad greens (2) · baby spinach · cucumber · cherry tomatoes · bell peppers (3) · broccoli (2 crowns) · baby potatoes (small bag) · lemon · avocado (2)
Meat & dairy	Rotisserie chicken (1) · chicken thighs or breasts (~1.5 lbs) · eggs (18) · plain Greek yogurt (large tub) · cottage cheese (1 tub) · string cheese · shredded or sliced cheese (1 bag/pack) · milk or kefir
Frozen	Confirm berries + mixed veg from Pantry Reset; add a steam-in-bag green vegetable if you like
	Tuna · wraps · oats · nuts or seeds · salsa (all from Pantry Reset)

Store section	What to buy
Pantry check	

V: skip the chicken; add firm tofu (2 blocks), a dozen more eggs, and canned lentils. **DL:** choose lactose-free Greek yogurt and skip the cheese; add 2 extra tuna pouches. **NF:** seeds instead of nuts — already on your pantry shelf.

WEEK 2 — MEAL STRUCTURE

Covers: a pot of chili (this week's workhorse — it's 3+ structured meals), sheet-pan dinner, scrambles, chicken salad wraps, yogurt and cottage cheese anchors.

Store section	What to buy
Produce	Onions (2) • garlic • bell peppers (2) • bagged salad greens (2) • carrots • celery • sweet potatoes (2) • zucchini (2) • fruit you'll actually eat (apples, grapes, melon)
Meat & dairy	Lean ground beef or ground turkey (~1.5 lbs, for chili) • chicken breasts (~1 lb) • eggs (12 — yes, more) • plain Greek yogurt (tub — it also replaces sour cream on chili) • cottage cheese • cheese for topping • milk or kefir
Frozen	Restock mixed vegetables if Week 1 ran through them
Pantry check	Diced tomatoes • kidney + black beans • chili powder • cumin • broth • wraps • crackers

V: swap the ground meat for 2 extra cans of beans + 1 cup dry lentils in the chili (it's genuinely good) and add tempeh for wraps. **DL:** top chili with avocado instead of cheese and sour cream. **NF:** nothing to change this week.

WEEK 3 — STRENGTH SUPPORT

Covers: stir-fry night, salmon + roasted veg, ground turkey bowls, scrambles, yogurt bowls — protein anchored around your first real strength weeks.

Store section	What to buy
Produce	Broccoli (2 crowns) · snap peas or green beans · bell peppers (2) · mushrooms · green onions · fresh ginger (or ground from your spice shelf) · bagged greens · berries or other fruit · limes
Meat & dairy	Salmon fillets (2 portions — frozen is a smart buy) · ground turkey (~1 lb) · chicken thighs (~1 lb, for stir-fry) · eggs (12) · Greek yogurt · cottage cheese · milk or kefir
Frozen	Stir-fry vegetable blend (this is the 15-minute dinner insurance) · restock berries
Pantry check	Soy sauce · rice · sesame or neutral oil · canned salmon as backup · oats

V: extra-firm tofu (2 blocks) and shelled edamame stand in for the chicken and turkey; keep the salmon swap as tempeh or a white-bean mash. **DL:** already light this week — just watch the yogurt choice. **NF:** use seeds for crunch on bowls.

WEEK 4 — REAL-LIFE FLEXIBILITY

Covers: taco night (family favorite, zero special treatment), one sheet-pan dinner, wraps, breakfast anchors — deliberately lighter because one dinner this week is a restaurant meal, on purpose, per the guide.

Store section	What to buy
Produce	Romaine or shredded lettuce · tomatoes (2) · onion · avocado (2) · lime · bell peppers (2) · a green vegetable for the sheet pan (broccoli or green beans) · fruit for the week
Meat & dairy	Lean ground beef or turkey (~1 lb, tacos) · chicken breasts or a rotisserie chicken · eggs (12) · Greek yogurt (doubles as taco crema with lime + chili powder) · cheese · cottage cheese or skyr cups for grab-and-go

Store section	What to buy
Frozen	Whatever ran out — this week's list is intentionally short
Pantry check	Tortillas • black beans • salsa • chili powder + cumin (your taco seasoning, no packet needed) • tuna for wraps

V: black bean + egg tacos are the move; add tofu for the sheet pan. **DL:** skip cheese, double the avocado. **NF:** nothing to change.

TAKE THIS WITH YOU

Week 4's list is short on purpose. One dinner happens at a restaurant (that's an assignment, not a slip), and by now your pantry, freezer, and leftover habits are doing real work. This is what "maintainable" looks like on paper — and roughly what your weekly list will look like from day 29 on.